

EVENT DATES SEP-DEC 2018



For info: 01277 362104 / 07841 484 888 - www.newrodingkarate.com

Central Park Leisure Centre

Gooshays Drive - Harold Hill, RM3 9LB

My Place

Dagnam Park Drive - Harold Hill, RM3 9EN

SEPTEMBER

Saturday 29th September @ Central Park Leisure Centre

OPEN SQUAD SELECTIONS 1pm-3pm

This event is being held to ALL students of NRK. We will have all senior instructors attending this event to hand pick any student that shows qualities we are looking for to reform our Kata and Kumite national squad. This event is free of charge and will be welcoming and informal.

OCTOBER

Saturday 13th October @ Central Park Leisure Centre

Special lesson 12pm-1pm

Open to all grades - used for progression signatures for high grades and a refresher for those ready to grade. Fee £10

Grading 1pm-3pm

Open to all grades - please make sure that you have received your signature to show you have passed your mock grading and you have this with you when registering. Fee £20

24th-25th October @ MyPlace

Our half term 2 day course open to all grades

10am-3pm

This course includes a Kumite and Kata comp - we cover all basics on every grade and it will include a grading for those students who are ready - fantastic trophies to be won and a great way to incorporate fun into your Karate. Fee £50

NOVEMBER

Saturday 17th November @ Central Park Leisure Centre

Kumite & Kata course & competition 12.30pm-4pm

Open to all grades, each grade will have training on their grades Kata and a Kumite Lesson, followed by a competition with the opportunity to take a trophy home. Fee £15

DECEMBER

Saturday 8th December @ Central Park Leisure Centre

Special lesson 12pm-1pm

Open to all grades - used for progression signatures for high grades and a refresher for those ready to grade - Fee £10

Grading 1pm-3pm

Open to all grades - please make sure that you have received your signature to show you have passed your mock grading and you have this with you when registering - Fee £20

AWARDS EVENING AND CHRISTMAS DISCO

8TH DECEMBER AT 7PM @
DAGENHAM AND REDBRIDGE
FOOTBALL CLUB - VICTORIA
ROAD DAGENHAM RM10 7XL

Inviting all students and their families to our end of year disco, this night is to celebrate and for students of all clubs to get to know each other - Lots of xmas fun and awards given out to our most deserving students

Tickets on the door

Dates for Future

School holiday courses

20th 21st February 2019

17th 18th April 2019

29th 30th May 2019



NEW RADING KARATE GOING FROM STRENGTH TO STRENGTH

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